

## **Saebo Stretch Splint Wear Schedule**

- DAY 1: 2 HOURS ON; 2 HOURS OFF
- DAY 2: 3 HOURS ON; 2 HOURS OFF
- DAY 3: 4 HOURS ON; 2 HOURS OFF
- DAY 4: 5 HOURS ON; 2 HOURS OFF
- DAY 5: 6 HOURS ON; 2 HOURS OFF
- DAY 6: START OVERNIGHT WEAR

If at any point you develop redness on your skin that does not go away within 30 minutes, loosen your straps the next time that you wear your splint. Additionally, notify your therapist of the redness. If you are not in therapy, please contact us at (877) 315-6118.